

HOUSE JOINT RESOLUTION 785

By Johnson P

A RESOLUTION recognizing February 2006, as the kick-off for Power U, a nutrition and physical activity education program.

WHEREAS, it is a privilege for this General Assembly to join with the University of Tennessee Extension in recognizing February 2006, as the kick-off for Power U; and

WHEREAS, Power U is an educational program emphasizing the importance of nutrition and physical activity in maintaining a healthy weight and lifestyle; and

WHEREAS, obesity rates continued to rise last year in every state but one; Tennessee now ranks 5th in the United States in having the highest rate of adult obesity, and when the percentage of obese and overweight adults in the State are combined, Tennessee ranks 7th highest; and

WHEREAS, over two thirds of Tennesseans are now either overweight or obese; and

WHEREAS, obesity is a gateway to heart disease, diabetes, high blood pressure, and a host of other diseases; indeed, in addressing the lack of a coherent obesity policy in America, one national health expert recently said, "We have a crisis of poor nutrition and physical inactivity in the U.S., and it is time we dealt with it."; and

WHEREAS, in response to this expanding health crisis, the University of Tennessee Extension has created Power U, an education program designed to reduce the rising rates of obesity in Cheatham, Davidson, Robertson, Sumner, and Wilson counties; and

WHEREAS, obesity reduction education plays a vital role in preventing chronic disease, reducing medical costs, and improving the quality of life; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED FOURTH GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE SENATE CONCURRING, that we join with the University of Tennessee Extension in recognizing

February 2006, as the kick-off for Power U and urge all citizens to join together to adopt diet and physical activity practices that lead to a healthy weight and lifestyle.

BE IT FURTHER RESOLVED, that an appropriate copy of this resolution be prepared for presentation with this final clause omitted from such copy.